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Briefe Discourse of
the Hypostasis, or substance
of the water of *Spaw*; Containing in
small quantity many pots of that
Minerall Water.

*Verie profitable for such Patients, as
cannot repaire in person to those Foun-
taines, as by perusing this Discourse, it
will plainly appeare.*

Translated out of French into
English, by G. T.

This abouesaide Hypostasis, or substance of
the water of *spaw*, is to be sold by Doctor *Hieroni-
mus Seminus*, Italian, dwelling in S. Pauls Alley, in
Red-crosse-street.



Briefe Discourse of
the Hypochris, or substance

of the water of Spain. Containing in
small quantity many poyres of that



is profitable for such patients as
cannot repaire in person to this Court
as by reading this Discourse in
the place where

Translated out of French into

English, by G. V.

This should be Hypochris, or substance of
the water of Spain, is to be sold by Doctor
James, dwelling in St. Pauls Alley, in
Red cross street.



A brieft Discourse of the
*Hypostasis, or substance of the wa-
 ter of Spaw, conteyning in small quantitie
 many pots of that Minerall water.*



Hereas the singular ef-
 fects that are yearly ex-
 perimented, by drinking
 the water of *Spaw*, doe
 cause the concourse of
 sundry persons of diuers
 Countries and Nations
 to those Fountaines :
 whereunto many more patients would willingly
 repaire, were they not letted, either by extraor-
 dinary defect of health, or ordinarie want of
 wealth, or such other impeachments, as dayly
 occurre in the course of this transitory life.

In consideration whereof, it hath seemed verie
 expedient to some, who haue disposed their stu-
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dies and labours, to the good of others; and whose residences are not farre from those Fountains, nor themselves estranged from the ensearch of naturall things, to deuise the meanes, that such as are absent, may be made partakers of those Minerall waters; and consequently, of those healthfull effects, that by the drinking of them are produced.

The accustomed course hitherto taken, hath beene to fill numbers of Bottles with the water of the vpper or the lower Fountaine, and to conueigh those Bottles (being closely stopped) vnto their designed places; as to *France, England, Italy, Germany, Polonia, Moscouia*, and other farre distant places. But this way is found by experience, no lesse troublesome, then chargeable in the carriage; considering, that a huge quantity of water, containeth but a very little of the Minerall substance, wherein the vertue of the water consisteth; and the saide substance being so thinly diuided into a great quantity of water, looseth much of the force and vertue, before it can bee brought into so farre distant places; the which hath beene the cause, why the persons before insinuated, haue employed their studye and Trauaile, to reduce the pure *Hypostasis* or substance of the saide Minerals, into so little a quantitie, as that one pot may supply for farre more then an hundred pots; and withall, that no part of the force or vertue of the saide Minerals should bee
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impaired.

And to the end the Reader may receiue some kinde of satisfaction, who perchance is curious to looke into the practise heereof; or at least, into the speculation of this Maistry, three points hee is then to obserue.

First, that the extraction of the saide Minerall essence bee made in Sommer; in which season, those Waters are of more efficacie: And if the extractor bee himselfe present at the Fountaines, it is so much the better.

Secondly, that he finde out the secret how to part the Minerall substance from the Water, without distillation, (for that would not quite the cost) but by precipitation, whereby the Minerall powder falleth downe, and setleth it selfe in the bottome of the glasse, depriuing the Water of all Minerall taste and operation; which secret, is soone performed by a skilfull Artist.

Thirdly, when he hath a sufficient quantity of that precipitated powder, hee must not dissolue it with any corrosiue, but with a competent measure of such Liquors as are agreeable vnto the health of man: and in these three obseruations the whole practise consisteth.

It followeth now, to declare in what quantitie this *Hypostasis* or extraction dissolued thus into a liquor, is to be taken; which must bee as followeth.

Take a dram weight of this Liquor, which is
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the eight part of an Ounce ; and containeth as much in quantity, as will fill a great Thimble ; poure this into a glasse or stone Bottle, & poure thereunto fifty Ounces of the best and clearest water that is to be had ; whether it be Fountaine water, Riuer water, or Well water : This water is to be put vnto the dram weight of the other liquor, at the time that the Patient is ready to drinke it, and not before ; not that any inconuenience may ensue thereof, but because the fresher the water is, the more grateful it is vnto the taste, and the Minerall substance in length of time, will descend vnto the bottom of the glasse : and albeit it may bee newly stirred and mingled with the water, and so taken ; yet will it notwithstanding, be more to the liking of the Patient, as before is noted, to haue his water brought fresh from the Spring, &c.

This quantity of fiftie Ounces of Water to a dram of the Minerall substance, is the ordinary and best proportion, which hetherto by practise hath beene tried, being also lesse distastfull vnto the drinke ; yet, in some diseases, as in retention of Vrine, or in quenching the heats of Agues, it will stand the Patient in better steede to followe this proportion, then to take it in lesser quantitie of water. And this is spoken vpon prooffe and experience : howbeit, if the learned Physitian shall thinke it expedient, that in some diseases the quantity of the water be diminished, the matter is

*Et in morbis in
quibus humidi-
tas perualet.*

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is referred vnto his graue iudgement, consenting
with the Philosopher, that *Frustra fit per plura,
quod potest fieri per pauciora.*

The water being in the former proportion
prepared, the patient may drinke thereof accor-
ding to the quality of his disease; as for example.

For the stone and grauell, or heate of the
reynes, he may take euery morning fasting fiftie
drunkes at seuerall times, and hee must abstaine
from meate two houres after, and if within that
space he be in plight to walke, or to vse some o-
ther moderate exercise, it will worke the better.

Till the water
is past by the
belly, or by the
Vrine Meatus:
& that the sto-
mack is empty

Heere is also to bee noted, that albeit such as
drinke the *Spaw* water, to take 100.200. or more
ounces in a morning. Yer this notwithstanding,
these fiftie ounces will be of as great efficacie,
because there is more pure substance conteyned
in those fiftie ounces, then in a far greater quan-
tity of *Spaw* water.

Thus much taken in a morning, will be suffi-
cient the first weeke for the whole day. The week
following, so much more may be drunken in the
afternoone, about three or foure of the clocke,
if it shall seeme good to the learned and expert
Physition, to whose discretion and direction are
referred, these and sundry other particular cir-
cumstances that may happen (which in schooles
are termed *Hic & nunc*) in sundry diseases, and
in the diuers dispositions of different patients:
in which occurrences all purgations and other

preparations that may be prescribed, are to goe before the taking of this water, as in like sort the prescription of dyets, and the like heedfull and healthfull obseruations; as when or how often the patient may drinke the water alone, or mingled with wine, at meates or at other times. These and other circumstances must in all reason be referred to the discretion of the learned Physitian.

In the retention of vrine it will be needfull to take those fifty ounces euery morning, and as much more in the afternoone, vnlesse the partie finde amendment, and in that disease to walke, and vse some exercise, will bee of great importance.

The same quantity may bee prescribed in the dropisie, morning and euening, especially after the first weeke, and if the disease haue not taken very deepe roote, the patient will finde sensible amendment, and his strength day by day verie much to encrease.

In Tertian and Quartaine Agues, the Patient must drinke euery morning 50. Ounces on his good dayes; but on the dayes of his fit, hee may take before the acceffe 20. Ounces, and in the heate of the fit, thirty Ounces.

The like obseruations may bee vsed in Quotidian Agues, to wit; that 20. ounces be taken before the fit, and 40. in the heate thereof, if it shall seeme good to the Physitian, whose iudgement is also to be vsed concerning the time and quan-

tity, when and how much of this water may be used in continuall Agues.

In pestilentiall Agues, there hath not (as yet) any assured triall bene made.

In all Obstructions, as the Greene sicknes, and the like, the Physitian may prescribe it in place of the powder of Steele, it being vndoubtedly far more secure, and of more effectuall operation.

For the paines of the Spleen, hardnesse and swellings thereof.

In the weaknesse of the stomacke and heate of the Liver, it is a singular water, being dayly taken in the aforesaide quantity of 50. ounces.

In the Flux, and in the abundance of VVoment Courses it may also be taken; and being mingled now and then with red wine, it will be the better. In womens infirmities (as aforesaid) if this water be mingled with distilled Plantine water, it will worke the better. For other diseases, the Reader may see what is added in the end of this discourse, which is taken out of the Treatise of the vertues of the waters of the Forrest of *Arden*, and principally of those of *Spaw*, written some yeares since in the French tongue, by the learned M. *Gilbert Lembourgh*, Doctor of Physicke, & dedicated vnto the Prince of *Liege*. Observing neuertheless by the way, that as the said Fountaines of *Spaw* do not benefit every one in particular; so is it not promised, that this *Hypothesis* thereof shall worke infallible cures in all kinde of diseases, and vpon all persons, as though one saddle should fit every horse; for diuers persons

have diuers constitutions of body; and the same Medicine which is auailable to one, is not alwayes profitable to another, as reason and experience dayly sheweth. We herefore to conclude, the ordinary proportion as before hath bin said, is to mingle fifty ounces of pure water to a dram of this Mineral *Hypostasis* or substance of the *Spaw* water; not that there is any danger if one should drinke one dram onely with an ounce of common water, but for the more efficacious working: this ordinary quantity is found to be more conuenient, having therein some resemblance with the copious abundance of the *Spaw* water.

Heere also the patient may obserue, that it shall not be needfull for him alwayes to weigh the water; for having weighed it once, and put it into a glasse of conuenient greatnesse, hee may see to what fulnesse of the glasse his fifty Ounces of water do reach, and so vse that measure for the saide weight. The Patient may moreouer mingle the water with wine, in all such Diseases as are not hot.

They doe vse at the *Spaw* to make Brewesse or sops of that water, boyling it with Butter, which they finde both toothsome and wholesom; in all which particularities it will alwayes be good (as before is saide) to follow the advice of a learned expert and vnpassionate Physitian.

Of sundry diseases, which principally are cured by the vse of drinkeing the water of *Spaw*, taken

ken out of the treatise of the vertues therof, written by M. Gilbert Lembourgh, Doctor of Physicke, and consequently of the *Hypostasis* of the saide water being mingled with pure common water, as in the precedent discourse is declared. The drinking of this water doth mightily quench thirst, and it bringeth the hot Liuer vnto a good temper, as also the Kidneyes.

It strengthneth the stomacke, and giueth it appetite thorough the astrictiue vertue that it hath, but for an extreame cold stomacke it is not so good.

It is greatly profitable against all obstructions, and debility of the Milt, for it doth dissolue and cure the cause thereof.

It deliuereth the Kidneyes and bladder from Grauell, and is aidefull against all defluctions of those parts.

It correcteth Rheumes and Cararrhes, in what part of the body soeuer they descend; as in the breast, the stomacke, the Kidneyes, Sinewes, or Muscles.

It cureth Dropsies, howbeit such as in whom this disease is confirmed by length of time, and that the forces of the Patients are thereby much weakened, are verie hardly cured. And so are also such Dropsies as proceede of a hardnesse of the Liuer, which *Galen* saith, are incurable.

Experience also sheweth, that such dropsies as come of driness of the stomacke, and of long

resolution and humidity of the intestine parts are not easily cured.

But among such as the beginning of this Disease commeth of the ilnesse of the Milt, the other parts not naturally well, many persons have bin perfectly cured.

It helpeth greatly the parts that are softened & resolved by defluations, as the Sinews, Muscles, &c.

It strengtheneth the Matrix that is subiect to too much humidity, and disposeth it in such sort that it retaineth the conceiued fruite, and so expelle h barrenesse.

It aydeth against strangulations and suffocations of the Matrix.

As touching such as are verie Leapers; if it do not wholly cure them, yet doth the continual vse thereof, impeach and hinder their disease from any more increasing.

As for the curing of Agues, the Reader may note what hath bin saide in the precedent Discourse.

The Reader is lastly to be aduertised; That whereas the most vsuall taking of the VVater of *Spaw* is in Sommer, it is chiefly because of the abundance of Raine and Snow that falleth into those Fountaines in winter, which weakneth the force of them; and so is the force also weakened in Sommer in rainy weather; as contrary-wise in winter, in frosty and dry weather, the water hath
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his perfect force. In which respect, this *Hypostasis* thereof being mingled with pure VVater, in such quantity of the one and the other, as before is mentioned, may aswel be vsed in winter, as in Sommer.

FINIS.

